


the AMES School Counseling Newsletter

Thursday, 05.21.2026 —

Last Week of School Schedule!

Monday, May 25	Tuesday, May 26	Wednesday, May 27	Thursday, May 28	Friday, May 29
MEMORIAL DAY NO SCHOOL 	Last full B-day Regular Bell Schedule Students will check-out of B-day classes - return books and materials, clean classrooms of projects, assignments, etc. Clean out lockers	Last A-day Regular Bell Schedule Students will check-out of A-day classes - return books and materials, clean classrooms of projects, assignments, etc. Turn in Check-Out forms	Last B-day Modified Schedule B2 - 8:55-10:15 Lunch - 10:15-10:50 B3 - 10:55-12:15 Early release @ 12:15	Yearbook Day & BBQ Modified Schedule Homeroom - 9:00 - Yearbooks and BBQ wristbands distributed in HR Yearbook Day - 9:20 BBQ - 10:30am Early release @ 12:15
		Senior Party 5:30 - 9 pm Zions Bank Building Founders Room One South Main Street, SLC Food/Music/Gaming/Prizes!	Graduation Practice @ 9am AMES Graduation @ 3pm *Seniors report to CHS Commons @ 2pm	<i>*In order to receive a Yearbook, school fees must be paid in full. Check Aspire to see fees. Pay fees to Nancy starting at 8:30am.</i> Thank You & Have a Safe and Happy Summer! 🌻

Attention Seniors:

School Fees must be cleared if you want to cross the stage at graduation



OFFICE ANNOUNCEMENTS:

Parents, please check your student's Aspire Portal to view and pay class fees for this school year

School-wide Updates

Interested in moving to Honors Math? The Summer Bump-Up helps students cover the gaps between regular math and honors math. Students interested, plan to attend the following:

- Dates: June 1-5 and August 3-6
- Times: Sec IIH bump-up 9am-11am, Sec IIIH bump-up 11:30-1:30
- Place: Room 204 @AMES

In order to enter Honors Math, students must pass the test on Aug 6th.



Think before you speak. Make sure your intention is positive and your words are sincere.

Internship student spotlight

Henna Gamarro

I have been a part of the [PACE Leadership Program](#) since my freshman year. Ever since I was young, my dream has been to go to college and earn a degree in something I love so that I can be truly happy. One of my biggest worries about achieving this goal is the cost of my education.



During my freshman year, I was introduced to the PACE Scholarship, which pays for tuition and classes at Salt Lake Community College for six semesters. This opportunity allows students like me to complete general education requirements at an affordable price, making college much more accessible.

Through the PACE Leadership Program, I have grown in many ways. As a PACE leader, I have gained valuable experience in volunteering, public speaking, and teamwork. Because the PACE Leadership team was only established at Cottonwood High School this year, I have had the unique opportunity to serve as the first junior representative for my school. I am also next in line for the president position, which reflects my dedication and growth within the program.

One example of my involvement in volunteering was organizing a social event where PACE students made dog blankets that were later donated to the Humane Society. Additionally, I strengthened my public speaking skills during freshman orientation, where the president and I spoke to an audience of 140 students about what PACE means to us and how being part of the program is an honor.

Max Edmunds

For my internship, I volunteered at ESLC (the English Skills Learning Center). The organization helps teach English to immigrants and refugees. I worked as a teacher's assistant, mainly helping with handing out materials and running presentations. However, I also worked one-on-one with students who were struggling, and helped them with pronouncing specific words. I would arrive at about 12:30 and assist the teacher until about 1:30.

The students would then move to a computer class. I would spend a lot of the time there cleaning headphones, but I would also assist struggling students. The computer class ended a little earlier than the first class, so there would be a break of several minutes before the students returned to the first class at about 2:30, and when it ended at about 3:10-3:15. I learned some important things about computers in that class, such as the fact that selecting the "Shut down" option onscreen is less harmful to the computer than



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turning it off with the physical button. Overall, I learned that it can be difficult for people to learn a new language, but they can learn it much more quickly than you expect. Being an assistant teacher did involve some work, but it was also rewarding because I was making a positive difference in people's lives.

Sabine Whitesides



[Spy Hop](#) is an incredible non-profit youth media arts organization. They offer a variety of free classes for youth ages 12-19, as well as summer camps for kids 8-11. It is located 208 w Harvey Milk Blvd, easily accessible by trax. I recommend signing up for a summer class because they are free, have lots of creative resources, and you will make friends.

←Interview of Tinted Noise for a rock documentary!

I am a junior at AMES and got to do this opportunity through the Internship Class. My teacher, Ms Strecker informed me about available Spy Hop classes and I jumped at the opportunity to apply. I've heard a lot of good things about Spy Hop and have always wanted to get involved so everything seemed to be working out. I applied for a filmmaking apprenticeship class. I am very glad that I signed up because it allowed for me to meet new people, explore my creativity, and get support in my life. Spy hop is honestly an amazing resource for teens, they have a large hangout area for the students, 2 kitchens –almost– always supplied with snacks, and tons of equipment that students can sign up to borrow. When I started my apprenticeship I didn't expect to enjoy it as much as I do. There have been difficult aspects of the class and moments that left me unsure but the mentor helped me figure out what I wanted to do and I have really benefited.

Throughout the class I have gotten practice as a cinematographer, sound mixer, and editor. Several people got to be a writer and director for the films we made but I didn't get that opportunity.

Several days ago I checked out a video camera, mic, and a unipod. I then went to Liberty Park and asked to interview everyone I saw, asking the question, "What's your favorite thing about your life?" This was an awesome experience. It allowed me to talk to people I never would've otherwise, and I'm creating a really cool film out of it.



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One thing I really appreciate about Spy Hop is their diversity and acceptance. I haven't thought of myself as a creative person until recently and I think spy hop has played a big role in that.

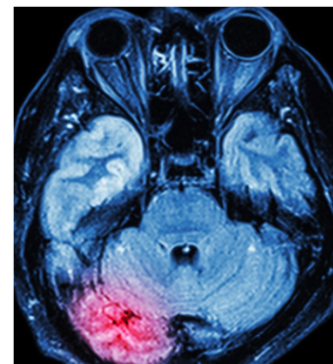
Aarav Diwaker

Hi, my name is Aarav Diwakar, and this year I had the opportunity to complete an internship focused on genetics and neuroscience research. I have always been interested in biology, the brain, and how genetics can influence human health, so I wanted to explore a placement that combined both fields. Through this internship, I worked in a research environment where I was able to learn more about scientific studies, data analysis, and how researchers investigate complex biological systems. The experience gave me a much deeper understanding of what research looks like outside of school and helped me see how science can directly impact medicine and patient care.

One of the main reasons I chose this placement was because I wanted hands-on experience in STEM research. I was especially interested in understanding how neuroscience and genetics connect in areas such as disease, development, and treatment. During my internship, I learned more about reading scientific literature, organizing and analyzing data, and the importance of precision and reproducibility in research. I also saw how collaboration plays a major role in science, since researchers constantly work together to solve problems and improve their methods.

What I enjoyed most about the experience was being part of projects that connected research to real-world outcomes. It was exciting to see how small details in experiments and analysis could contribute to a larger understanding of health and biology. Working alongside researchers also pushed me outside of my comfort zone. At first, I was nervous about contributing in a professional research setting, but over time I became more confident asking questions, sharing ideas, and taking initiative when working on tasks and projects.

Overall, this internship helped me better understand my future goals and interests. Before this experience, I already knew I was interested in STEM, but the internship helped me realize how much I enjoy research and problem solving in fields like neuroscience and genetics. It motivated me to continue exploring biomedical research in college and beyond, and it showed me how scientific work can make a meaningful impact on people's lives.



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AMES Class/Club Shout-Outs

Request these classes for next year before they fill up! Email your counselor ASAP

Humanities (.50 credits; a Language Arts Elective)

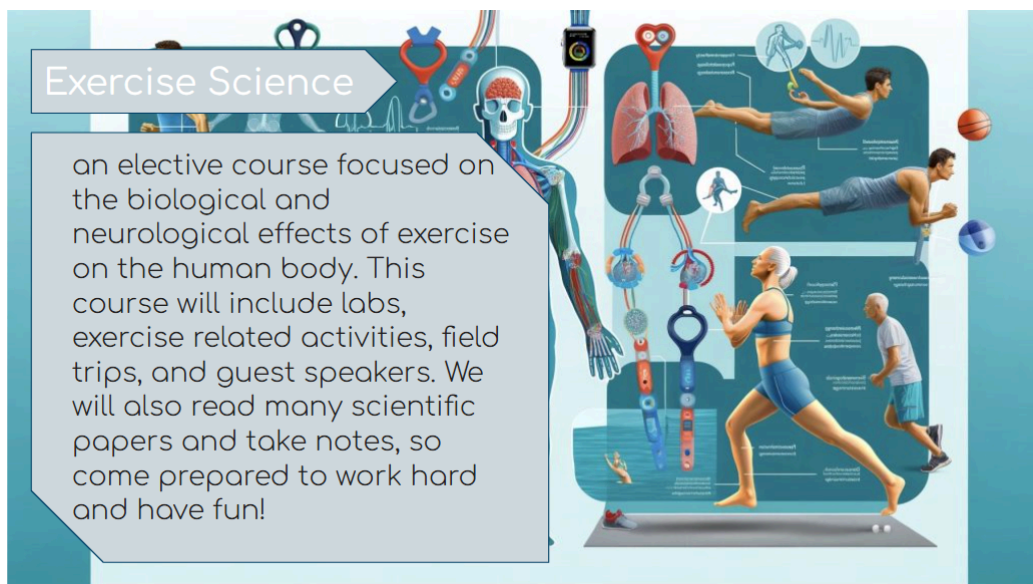
Introduction to Philosophy is a course for students who like asking big questions, challenging assumptions, and exploring how ideas shape the world around us. We'll dive into questions like: What is reality? What makes someone who they are? How do we decide what matters, what is true, or what is right?

Along the way, students will explore major areas of philosophy, including ethics, logic, metaphysics, identity, aesthetics, epistemology, and value theory—but not as dry abstract concepts. We'll connect philosophical ideas to modern life, contemporary issues, film, television, music, literature, social media, and pop culture.

Students won't just read and discuss ideas—they'll apply them through creative projects, media analysis, debates, and collaborative discussions designed to sharpen critical thinking and deepen self-awareness. Because philosophy rarely offers simple or objective answers, the class emphasizes curiosity, discussion, interpretation, and the ability to think thoughtfully about complex questions.

This course is ideal for students who enjoy discussion, creativity, analyzing stories and media, and exploring the strange, fascinating questions that sit underneath everyday life.

Exercise Science



Exercise Science

an elective course focused on the biological and neurological effects of exercise on the human body. This course will include labs, exercise related activities, field trips, and guest speakers. We will also read many scientific papers and take notes, so come prepared to work hard and have fun!



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Teaching as a Profession / Educators Rising

Let's celebrate the accomplishments of Teaching as a Profession and Educators Rising students this year! This year we...

- Taught lessons on Maslow's Hierarchy, the importance of play for young children, basic Korean phrases, drawing using a grid technique, sewing, and how to use the stage crew sound board
- Wrote and illustrated three children's books
- Researched and presented how to best support students with hearing impairment
- Wrote and delivered speeches on how to creatively rethink the school system
- Created bulletin boards, resumes and cover letters, instructional stations, and so much more
- Met Mac and Cheese, therapy llamas, at the Leadership Conference at UVU
- Curated summer vibes with our Slushies & Sunshine fundraiser
- Organized book drive to donate 200+ books to the Children's Center of Utah
- Competed at State Competition at Weber State University, qualifying 9 students for Nationals
- Plan to attend Nationals this June in Portland, Oregon

We would love for you to join Teaching as a Profession classes and/or Educators Rising club next school year! We are not just future teachers; we are artists, writers, experts in a wide array of subjects, critical thinkers, researchers, and more. Come build confidence, memories, and friendships. All are welcome!



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Robotics

This year, the AMES robotics team qualified for the World Championships in Houston for the first time since before COVID. After learning the challenge in January—which changes every year—the team had just eight weeks to design, build, program, and test a robot capable of engaging with the task. This year’s game was centered around launching high-density foam dodgeballs into an elevated goal. AMES advanced to the semifinals at the Arizona Regional and placed 4th out of 55 teams at the Utah Regional.

Congratulations!



Interested in joining the team next year? AMES Robotics is looking for people interested in graphic design, videography, business networking, social media design, and more! If you are interested, talk to Mr. Pedersen in the physics room or Laurie Williamson in the Robotics Lab.



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Treat Yourself, Don't Cheat Yourself

"Treat yourself, don't cheat yourself" means practicing self-care in a way that truly supports your wellbeing, rather than giving in to quick fixes that may feel good in the moment but leave you worse off. It's about choosing actions that nourish your body, mind, and spirit, like taking time to rest, eating well, setting boundaries, or doing something joyful. Treating yourself means showing real care and respect for your needs, not numbing or avoiding them.

Next time you feel stressed or low, pause and ask, "What would truly help me feel better right now?" Instead of reaching for a quick distraction, try something kind and restorative, like going for a walk, journaling, calling a friend, or making a nourishing meal. Real treats uplift you without regret.

"THE ONE THING
YOU CAN
CONTROL IS HOW
YOU TREAT
YOURSELF. AND
THAT ONE THING
CAN CHANGE
EVERYTHING."

~~LEEANA
TANKERSLEY~~



Cold Blast

A 30-second cold blast at the end of a shower can offer several health benefits. It stimulates circulation, boosts alertness, and may help reduce inflammation. The sudden cold activates your body's stress response in a controlled way, which can improve resilience and mood over time. Cold exposure may also increase endorphins and support immune function. While it's brief, this daily practice can energize you, sharpen focus, and give a small mental challenge that builds discipline and mental toughness. It's a simple, natural boost for body and mind.

"THE IDEA OF
BEING COLD IS
JUST A STATE OF
MIND.
ISN'T THAT WHAT
THE MONKS SAY?"

~~UNKNOWN~~



Next time you take a shower, enjoy the warmth for as long as you want, then turn the knob all the way to cold and see if you can make it the 30 seconds.

Why You Can't Start That Assignment (And What to Do About It) *Adapted from "The Head, Heart, Hand Method," The Everygirl*

We've all been there: The assignment has been sitting in the bottom of your backpack for three days, you know it's due tomorrow, and you still can't make yourself start. Before you tell yourself you're just lazy, consider this: procrastination is usually a symptom, not a character flaw. The "Head, Heart, Hand" method, developed by neuroscientist Anne-Laure Le Cunff, helps you figure out why you're stuck so you can actually do something about it.

Head problem	Heart problem	Hand problem
You lack clarity Sounds like...	You have emotional resistance Sounds like...	Something practical is missing Sounds like...
"I don't even know where to start."	"What if I do it wrong?" or "This is pointless."	"I don't have what I need to do this yet."
The assignment feels vague or confusing	Anxiety because it really matters to you	You're missing a skill, tool, or piece of information
You don't understand why it matters	Boredom or dread that makes it easy to put off	You're waiting on something before you can move forward
Try this	Try this	Try this
Ask your teacher to clarify the goal or expectations	Remind yourself: done is better than perfect	Gather everything you need before you sit down to work
Break it into smaller steps and just do the first one	Set a 10-minute timer; just start, don't finish	Look up instructions or examples first to build confidence
Write down what you <i>do</i> know, then identify gaps	Work somewhere you like, with a snack or playlist	Ask for help - from a teacher, counselor, or classmate

The bottom line: Next time you're avoiding something, pause and ask yourself: is this a head, heart, or hand problem? Simply naming it takes the shame out of it and gives you a real starting point. Procrastination isn't a personality trait. It's information, and now you know what to do with it.



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